Outcome distribution by region (grid-render-v1)

Variable	Name of Exposure	Categories	Goal Name	Criteria	Classification measure	Standard error	Remarks	Column
Workout Schedule	Exercise Type	Cardio; Strength Training; Flexibility	Improve Cardiovascular Health	Heart rate increase of at least 20%	Duration (minutes)	0.02	Cardio sessions should be at least 30 minutes	A
Workout Schedule	Workout Intensity	Low; Moderate; High	Increase Muscle Mass	Rate of Perceived Exertion (RPE) scale of 1-10	Number of sets/ reps	0.03	High-intensity workouts should include rest days	B
Workout Schedule	Workout Frequency	Daily; Every other day; 3 times/ week	Maintain consistent exercise habit	Minimum number of sessions per week	Number of workouts	0.01	Consistency key for progress	C
Diet	Caloric Intake	Below maintenance; Maintenance; Above maintenance	Weight Loss/ Gain	Daily caloric intake	Weight (kg)	0.05	Adjust calories based on goal	D
Diet	Macronutrient Ratio	High protein; Balanced; High carbohydrate	Muscle gain/fat loss	Grams of protein, carbs, fats	Body fat percentage	0.04	Monitor based on workout type and goal	E

Sleep	Sleep Duration	<6 hours; 6-8 hours; >8 hours	Improve recovery	Hours of sleep per night	Sleep quality (self-reported)	0.10	Aim for 7-9 hours for optimal recovery	F
Sleep	Sleep Quality	Poor; Fair; Good	Reduce fatigue	Sleep stages (using sleep tracker)	Number of awakenings	0.08	Track sleep patterns to identify improvements	G
Stress Management	Stress Level	Low; Moderate; High	Reduce stress hormones	Cortisol levels	Stress scores (questionnaire)	0.06	Incorporate stress-reducing activities	H